28_PH_Labensky_861442 8/28/02 11:04 AM Page 890



EATING IS NOT MERELY A MATERIAL PLEASURE. EATING WELL GIVES A SPECTACULAR JOY TO LIFE AND CONTRIBUTES IMMENSELY TO GOODWILL AND HAPPY COMPANIONSHIP. IT IS OF GREAT IMPORTANCE TO THE MORALE.

—*Elsa Schiaparelli, Italian fashion designer (1890–1973)*



28

HORS D'OEUVRE AND CANAPÉS



PREP CHEF, INC., Phoenix, AZ
Chef Sidney Brodsky

AFTER STUDYING THIS CHAPTER, YOU WILL BE ABLE TO:

- prepare and serve a variety of cold and hot hors d'oeuvre, including canapés
- choose hors d'oeuvre, including canapés, that are appropriate for the meal or event

Hors d'oeuvre, whether hot or cold, are very small portions of foods served before the meal to whet the appetite. Hors d'oeuvre and canapés can be passed elegantly by waiters or displayed on buffets. Appetizers, or starters, whether hot or cold, are generally the first course or introduction to a meal; they are more typically served with dinner than with lunch. Sometimes there is very little difference between an hors d'oeuvre and an appetizer.

Preparing hors d'oeuvre, including canapés, uses skills from almost every work station. Because they can consist of meat, poultry, fish, shellfish, vegetables, potatoes, grains, pasta, fruits, baked goods and sauces, they require a detailed knowledge of these foods and how they are prepared.

The French term *hors d'oeuvre* translates as "outside the work." Its usage was correct under the classic kitchen brigade system, for it was the service staff's responsibility to prepare small tidbits for guests to enjoy while the kitchen prepared the meal. Today, however, the kitchen staff prepares the hors d'oeuvre as well as the meals. Cold hors d'oeuvre (a final s is added as an Americanized plural) are usually prepared by the garde-manger; hot ones are prepared in the main kitchen.

There are really only two limitations on the type of food and manner of preparation that can be used for hors d'oeuvre: the chef's imagination and the foods at his or her disposal. There are, however, a few guidelines.

GUIDELINES FOR PREPARING HORS D'OEUVRE

1. They should be small, one to two bites.
2. They should be flavorful and well seasoned without being overpowering.
3. They should be visually attractive.
4. They should complement whatever foods may follow without duplicating their flavors.

COLD HORS D'OEUVRE

Cold hors d'oeuvre are divided here into five broad categories based upon preparation method, principal ingredient or presentation style. They are canapés, caviars, crudités, dips and sushi. These categories may vary somewhat from classical teachings, but they are completely appropriate for modern menus and food service operations.

CANAPÉS

Canapés are tiny, open-faced sandwiches. They are constructed from a base, a spread and one or more garnishes.

The most common **canapé base** is a thin slice of bread cut into an interesting shape and toasted. Although most any variety of bread can be used, spiced,

herbed or otherwise flavored breads may be inappropriate for some spreads or garnishes. Melba toasts, crackers and slices of firm vegetables such as cucumbers or zucchini are also popular canapé bases. Whatever item is used, the base must be strong enough to support the weight of the spread and garnish without falling apart when handled.

The **canapé spread** provides much of the canapé's flavor. Spreads are usually flavored butters, cream cheese or a combination of the two. Several examples of spreads are listed in Table 28.1. Each of the spreads is made by adding the desired amount of the main ingredient (chopped or puréed as appropriate) and seasonings to softened butter or cream cheese and mixing until combined. Quantities and proportions vary according to individual tastes. Other canapé spreads include bound salads (for example, tuna or egg), finely chopped shrimp or liver mousse. Any of a number of ingredients can be combined for spreads, provided the following guidelines are followed.

UN ARTISTE DE L'HORS D'OEUVRE

Well may it be said that a good hors d'oeuvre artist is a man to be prized in any kitchen, for, although his duties do not by any means rank first in importance, they nevertheless demand of the chef the possession of such qualities as are rarely found united in one person, reliable and experienced taste, originality, keen artistic sense, and professional knowledge.

AUGUSTE ESCOFFIER,
Le Guide culinaire

GUIDELINES FOR PREPARING CANAPÉ SPREADS

1. The spread's texture should be smooth enough to produce attractive designs if piped through a pastry bag fitted with a decorative tip.
2. The spread's consistency should be firm enough to hold its shape when piped onto the base, yet soft enough to stick to the base and hold the garnishes in place.
3. The spread's flavor should complement the garnishes and be flavorful enough to stimulate the appetite without being overpowering.

A spread may be a substantial portion of the canapé as well as its distinguishing characteristic. Or it can be applied sparingly and used more as a means of gluing the garnish to the base than as a principal ingredient.

Canapés with bread bases tend to become soggy quickly from both the moisture in the spread and the moisture in the refrigerator where they are stored. Using a spread made with butter will help keep the bread bases crispier, as will buttering the base with a thin coat of softened plain butter before piping on the spread. The best way to ensure a crisp base is to make the canapés as close to service time as possible.

Table 28.1 A SELECTION OF CANAPÉ SPREADS AND SUGGESTED GARNISHES

SPREAD	SUGGESTED GARNISHES
Anchovy butter	Hard-cooked eggs, capers, green or black olive slices
Blue cheese	Grape half, walnuts, roast beef roulade, pear slice, currants, watercress
Caviar butter	Caviar, lemon, egg slice, chives
Deviled ham	Cornichons, mustard butter, sliced radish
Horseradish butter	Smoked salmon, roast beef, smoked trout, marinated herring, capers, parsley
Lemon butter	Shrimp, crab, caviar, salmon, chives, parsley, black olive slices
Liver pâté	Truffle slice, cornichon
Mustard butter	Smoked meats, pâté, dry salami coronet, cornichon
Pimento cream cheese	Smoked oyster, sardine, pimento, parsley
Shrimp butter	Poached bay scallops, shrimp, caviar, parsley
Tuna salad	Capers, cornichons, sliced radish



Salmon Rosette Canapés



Salami Cornet Canapés



Shrimp and Caviar Canapés

The variety of **canapé garnishes** is vast. The garnish can dominate or complement the spread, or it can be a simple sprig of parsley intended to provide visual appeal but little flavor. Although several ingredients can be used to garnish the same canapé, remember the limitations imposed by the canapé's size and purpose. Traditional garnishes can be made by shaping thinly sliced smoked salmon into rosettes, or thin slices of salami into cornets, into which additional spread can be piped. The natural shape of a boiled, peeled shrimp also makes an attractive canapé garnish.

▶ PROCEDURE FOR PREPARING CANAPÉS

This procedure can be adapted and used with a variety of ingredients to produce a variety of canapés. If the canapé base is a bread crouton, begin with Step 1. If some other product is used as the base, prepare that base and begin with Step 4.

1. Trim the crust from an unsliced loaf of bread. Slice the bread lengthwise approximately ⅓ inch (8 millimeters) thick.
2. Cut the bread slices into the desired shapes using a serrated bread knife or canapé cutter. See Figure 28.1.
3. Brush the bread shapes with melted butter and bake in a 350°F (180°C) oven until they are toasted and dry. Remove and cool. Alternatively, the entire bread slice can be buttered and toasted, then cut into shapes.
4. If desired, spread each base with a thin layer of softened plain butter.
5. Apply the spread to the base. If a thin layer is desired, use a palette knife. If a thicker or more decorative layer is desired, pipe the spread onto the base using a pastry bag and decorative tip. Alternatively, the entire bread slice can be buttered, toasted, cooled, covered with a spread and then cut into the desired shapes.
6. Garnish the canapé as desired.
7. If desired, glaze each canapé with a thin coating of aspic jelly. The aspic jelly can be applied with a small spoon or a spray bottle designated for that purpose.

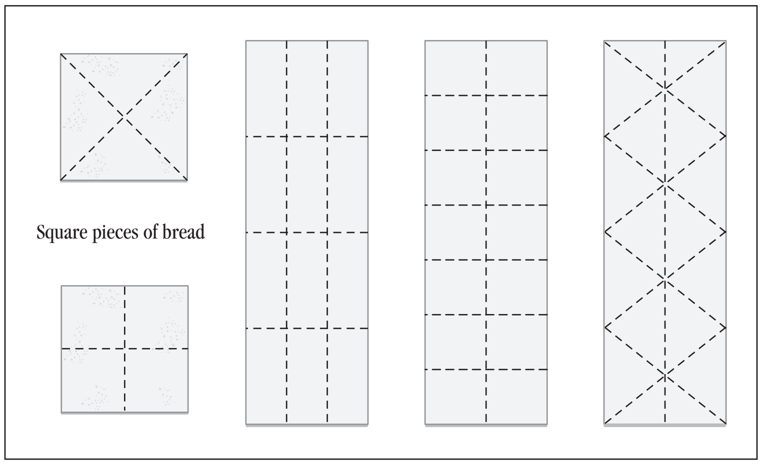
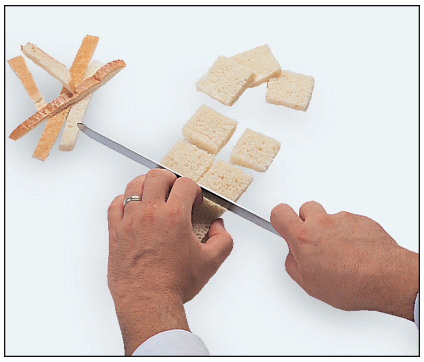


FIGURE 28.1 ▶ Bread can be sliced into several basic shapes to avoid waste.



1 Slicing bread into the desired shapes.



2 Applying the spread to the base with a palette knife.



3 Piping the spread onto the base.



4 Coating the entire slice of toasted bread with a spread before cutting it into canapés.



5 Garnishing the canapés.



6 Spraying the finished canapés with aspic.

BARQUETTES, TARTLETS AND PROFITEROLES

Barquettes, tartlets and profiteroles are all adaptations of the basic canapé. A **barquette** is a tiny boat-shaped shell made from a savory dough such as pâte brisée. A **tartlet** is simply a round version of a barquette. A **profiterole** is a small puff made from pâte à choux. These three items can be prepared like canapés by filling them with flavored spreads and garnishing as desired.

▶ PROCEDURE FOR PREPARING BARQUETTES



1 Rolling out the pastry dough.



2 Pressing the dough into the barquette shells.



3 Pricking the dough with a fork to allow steam to escape during baking.



4 Placing a second barquette shell on top of the dough to prevent it from rising as it bakes.

OTHER TYPES OF CANAPÉS

Vegetables such as cherry tomatoes, blanched snow peas, mushroom caps and Belgian endive leaves are sometimes used as canapé bases. They are filled and garnished in the same manner as barquettes, tartlets and profiteroles.

CAVIAR



Beluga Caviar



Sevruga Caviar



Osetra Caviar



American Salmon Roe

Caviar, considered by many to be the ultimate hors d'oeuvre, is the salted roe (eggs) of the sturgeon fish. In the United States, only sturgeon roe can be labeled simply "caviar." Roe from other fish must be qualified as such on the label (for example, salmon caviar or lumpfish caviar).

Most of the world's caviar comes from sturgeon harvested in the Caspian Sea and imported from Russia and Iran. Imported sturgeon caviar, classified according to the sturgeon species and the roe's size and color, includes beluga, osetra and sevruga as well as pressed caviar. **Beluga** is the most expensive caviar, and comes from the largest species (the sturgeon can weigh up to 1750 pounds/800 kilograms); the dark gray and well-separated eggs are the largest and most fragile kind. **Osetra** is considered by some connoisseurs to be the best caviar; the eggs are medium-sized, golden yellow to brown and quite oily. **Sevruga** is harvested from small sturgeon; the eggs are quite small and light to dark gray. **Pressed caviar** is a processed caviar made from osetra and sevruga roes. The eggs are cleaned, packed in linen bags and hung to drain; as salt and moisture drain away, the natural shape of the eggs is destroyed and the eggs are pressed together. Approximately 3 pounds (1.3 kilograms) of roe produce only 1 pound (450 grams) of pressed caviar; pressed caviar has a spreadable, jamlike consistency.

Most of the caviar consumed in the United States, however, comes from either domestic sturgeon or other fish and is labeled American sturgeon caviar, golden whitefish caviar, lumpfish caviar or salmon caviar. **American sturgeon caviar** is not considered to be of the same quality as Russian or Iranian caviars; nevertheless, roe from sturgeon harvested in the coastal waters of the American northwest and the Tennessee River is becoming increasingly popular, due in part to its relatively low price. **Golden whitefish caviar** is a small and very crisp roe; it is a natural golden color and comes from whitefish native to the northern Great Lakes. **Lumpfish caviar** is readily available and reasonably priced; it is produced from lumpfish harvested in the North Atlantic. The small and very crisp eggs are dyed black, red or gold; the food coloring is not stable, however, and when used to garnish foods, colored lumpfish caviar tends to bleed. **Salmon caviar,** the eggs of the chum and silver salmon, is a very popular garnish. The eggs are large with a good flavor and natural orange color.

PURCHASING AND STORING CAVIARS

Although all caviar is processed with salt, some caviar is labeled **malassol,** which means "little salt." Caviar should smell fresh, with no off-odors. The eggs should be whole, not broken, and they should be crisp and pop when pressed with the tongue. Excessive oiliness may be caused by a large number of broken eggs. The best way to test caviar's quality is to taste it. Remember, price alone does not necessarily indicate quality.

Most caviar can be purchased fresh or pasteurized in tins or jars ranging from 1 ounce (28 grams) to more than 4 pounds (2 kilograms). Some caviars are also available frozen. (Frozen caviar should be used only as a garnish and should not be served by itself.) In order to ensure the freshest possible product, always purchase caviar in small quantities as often as possible based on your needs.

Fresh caviar should be stored at 32°F (0°C). Because most refrigerators are considerably warmer than that, store the caviar on ice in the coldest part of the refrigerator and change the ice often. If properly handled, fresh caviar will last one to two weeks before opening and several days after opening. Pasteurized caviar does not require refrigeration until it is opened and will last several days in the refrigerator after opening.

SERVING CAVIARS

Fine caviar should be served in its original container or a nonmetal bowl on a bed of crushed ice, accompanied only by lightly buttered toasts or blinis and sour cream. Connoisseurs prefer china, bone or other nonmetal utensils for serving caviar because metal reacts with the caviar, producing off-flavors.

Lesser-quality caviars are often served on ice, accompanied by minced onion, chopped hard-cooked egg whites and yolks (separately), lemon, sour cream and buttered toasts.

Lumpfish and other nonsturgeon caviars are usually not served by themselves. Rather, they are used as ingredients in or garnishes for other dishes.

CRUDITÉS

Crudité, a French word meaning "raw thing," generally refers to raw or slightly blanched vegetables served as an hors d'oeuvre. Although almost any vegetable will do, the most commonly used are broccoli, cauliflower, carrots, celery, asparagus and green beans, all of which are often blanched, and cucumbers, zucchini, yellow squash, radishes, green onions, cherry tomatoes, Belgian endive leaves, mushrooms, peppers and jicama, which are served raw.

When preparing crudités, use only the freshest and best-looking produce available. Because they are displayed and eaten raw, blemishes and imperfections cannot be disguised. Vegetables, both blanched and raw, should be cut into attractive shapes. Crudités are usually served with one or more dips.



Artful Array of Crudités and Dip

DIPS

Dips can be served hot or cold and as an accompaniment to crudités, crackers, chips, toasts, breads or other foods.

Cold dips often use mayonnaise, sour cream or cream cheese as a base. The methods for preparing mayonnaise-based and sour cream–based dips are identical to those for making mayonnaise-based salad dressings discussed in Chapter 24, Salads and Salad Dressings. The principal difference is that dips are normally thicker than dressings.

To use cream cheese as a base, first soften it by mixing it in an electric mixer with a paddle attachment. Then add the flavoring ingredients such as chopped cooked vegetables, chopped cooked fish or shellfish, herbs, spices, garlic or onions. Adjust the consistency of the dip by adding milk, buttermilk, cream, sour cream or other appropriate liquid.

Some cold dips such as guacamole and hummus use purées of fruits, vegetables or beans as the base.

Hot dips often use a béchamel, cream sauce or cheese sauce as a base and usually contain a dominant flavoring ingredient such as chopped spinach or shellfish.

Dips can be served in small bowls or hollowed-out cabbages, squash, pumpkins or other vegetables. Hot dips are often served in chafing dishes.

The combinations of ingredients and seasonings that can be used to make dips as well as the foods that are dipped in them are limited only by the chef's imagination.

RECIPE 28.1

CLAM DIP

Yield: 3 pt. (1.5 lt)

Cream cheese	1 lb.	450 g
Worcestershire sauce	2 Tbsp.	30 ml
Dijon mustard	1 Tbsp.	15 ml
Sour cream	1 lb.	450 g
Canned clams, drained	1 lb.	450 g
Lemon juice	2 Tbsp.	30 ml
Salt and pepper	TT	TT
Tabasco sauce	TT	TT
Green onions, sliced	2 oz.	60 g

1. Soften the cream cheese in the bowl of an electric mixer, using the paddle attachment.
2. Add the Worcestershire sauce, Dijon mustard and sour cream; mix until smooth.
3. Add the clams and lemon juice and season with salt, pepper and Tabasco.
4. Add the green onions and mix well.

Approximate values per 2-Tbsp. (30-ml) serving: **Calories** 70, **Total fat** 5 g, **Saturated fat** 3.5 g, **Cholesterol** 20 mg, **Sodium** 55 mg, **Total carbohydrates** 1 g, **Protein** 4 g, **Iron** 15%, **Claims**—low sodium; low sugar

SUSHI

Generally, **sushi** refers to cooked or raw fish and shellfish rolled in or served on seasoned rice. **Sashimi** is raw fish eaten without rice. In Japan, the word *sushi* (or **zushi**) refers only to the flavored rice. Each combination of rice and another ingredient or ingredients has a specific name. These include *nigiri zushi* (rice with raw fish), *norimaki zushi* (rice rolled in seaweed), *fukusa zushi* (rice wrapped in omelet), *inari zushi* (rice in fried bean curd) and *chirashi zushi* (rice with fish, shellfish and vegetables). Although a Japanese sushi master spends years perfecting style and technique, many types of sushi can be produced in any professional kitchen with very little specialized equipment.

INGREDIENTS

Fish

The key to good sushi and sashimi is the freshness of the fish. All fish must be of the highest quality and absolutely fresh, preferably no more than one day out of the water. Ahi and yellowfin tuna, salmon, flounder and sea bass are typically used for sushi. Cooked shrimp and eel are also popular.

Rice

Sushi rice is prepared by adding seasonings such as vinegar, sugar, salt and rice wine (sake or mirin) to steamed short-grain rice. The consistency of the rice is very important. It must be sticky enough to stay together when formed into finger-shaped oblongs, but not too soft.

Seasonings

Seasonings include the following:

- Shoyu—Japanese soy sauce, which is lighter and more delicate than the Chinese variety.
- Wasabi—A strong aromatic root, purchased as a green powder. It is sometimes called green horseradish, although it is not actually related to the common horseradish.
- Pickled ginger—fresh ginger pickled in vinegar, which gives it a pink color.
- Nori—A dried seaweed purchased in sheets; it adds flavor and is sometimes used to contain the rolled rice and other ingredients.

ZUSHI (SUSHI RICE)

RECIPE 28.2

Yield: 2 lb. (1 kg)

Short-grain rice	1 lb.	450 g
Water	20 fl. oz.	600 ml
Rice vinegar	2 fl. oz.	60 ml
Granulated sugar	3 Tbsp.	45 ml
Salt	2½ tsp.	12 ml
Mirin	2 Tbsp.	30 ml

1. Wash the rice and allow it to drain for 30 minutes.
2. Combine the rice and water in a saucepan. Bring to a boil, lower to a simmer, cover and steam for 20 minutes.
3. Combine the rice vinegar, sugar, salt and mirin and add to the rice. Mix well and cool to room temperature.

Approximate values per 1-oz. (30-g) serving: **Calories** 60, **Total fat** 0 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 140 mg, **Total carbohydrates** 13 g, **Protein** 1 g, **Claims**—fat free

NIGIRI ZUSHI

RECIPE 28.3

Yield: 24 Pieces

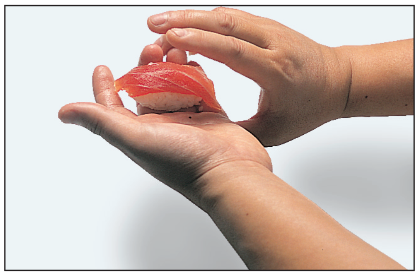
Sushi-quality fish fillets such as ahi, salmon, flounder or sea bass	1 lb.	450 g
Wasabi powder	1 oz.	30 g
Water	1 fl. oz.	30 ml
Sushi rice	2 lb.	900 g
Pickled ginger, sliced	2 oz.	60 g
Shoyu	3 fl. oz.	90 ml

1. Trim the fish fillets of any skin, bone, imperfections or blemishes. Cut the fillets into 24 thin slices, approximately 2 inches by 1 inch (5 centimeters by 2.5 centimeters).
2. Mix the wasabi powder and water to form a paste.
3. With your hands, form a 1½-ounce (50-gram) portion of rice into a finger-shaped mound.
4. Rub a small amount of wasabi on one side of a slice of fish.
5. Holding the rice mound in one hand, press the fish, wasabi side down, onto the rice with the fingers of the other hand.
6. Serve with additional wasabi, pickled ginger and shoyu.

Approximate values per piece: **Calories** 80, **Total fat** 2 g, **Saturated fat** 0 g, **Cholesterol** 10 mg, **Sodium** 310 mg, **Total carbohydrates** 11 g, **Protein** 5 g, **Claims**—low fat; low cholesterol; no sugar



1 Forming a finger-shaped rice mound.



2 Pressing the fish onto the rice.

RECIPE 28.4

NORIMAKI ZUSHI

Yield: 36 Pieces

Dried shiitake mushrooms	4	4
Water, hot	8 fl. oz.	250 ml
Shoyu	4 fl. oz.	120 ml
Brown sugar	1 Tbsp.	15 ml
Cucumber	½	½
Sushi-quality fish fillets such as ahi, salmon, flounder or sea bass	5 oz.	150 g
Nori	3 sheets	3 sheets
Sushi rice	18 oz.	500 g
Wasabi paste	4 Tbsp.	60 ml
Pickled ginger	2 oz.	60 g

1. Soak the mushrooms in hot water for 20 minutes. Remove the mushrooms and reserve 4 ounces (120 grams) of the liquid. Trim off the mushroom stems.
2. Julienne the mushroom caps. Combine the reserved soaking liquid with 2 tablespoons (30 milliliters) of the shoyu and the brown sugar. Simmer the caps in this liquid and reduce au sec. Remove from the heat and refrigerate.
3. Peel and seed the cucumber; cut it into strips the size of pencils, approximately 6 inches (15 centimeters) long.
4. Trim the fish fillets of any skin, bone, imperfections or blemishes. Cut the fillets into strips the same size as the cucumbers.
5. Cut the sheets of nori in half and place one half sheet on a napkin or bamboo rolling mat. Divide the rice into six equal portions; spread one portion over each half sheet of nori, leaving a ½-inch (1.2-centimeter) border of nori exposed.
6. Spread 1 teaspoon (5 milliliters) of wasabi paste evenly on the rice.
7. Lay one-sixth of the mushrooms, cucumber and fish strips in a row down the middle of the rice.
8. Use the napkin or bamboo mat to roll the nori tightly around the rice and garnishes.
9. Slice each roll into six pieces and serve with the remaining shoyu, pickled ginger and wasabi.

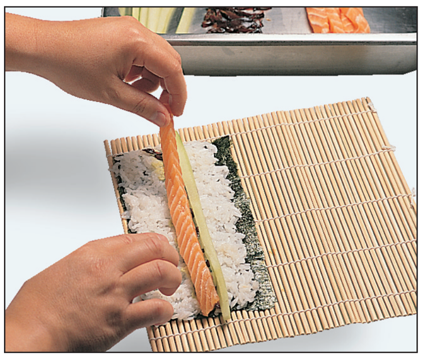
Approximate values per piece: **Calories** 40, **Total fat** 0 g, **Saturated fat** 0 g, **Cholesterol** 5 mg, **Sodium** 220 mg, **Total carbohydrates** 6 g, **Protein** 2 g, **Vitamin C** 15%, **Claims**—fat free; low cholesterol; low calorie



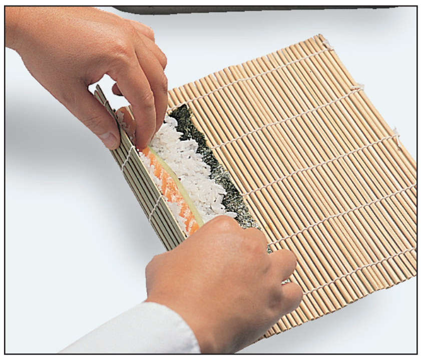
1 Preparing the garnishes for the sushi roll.



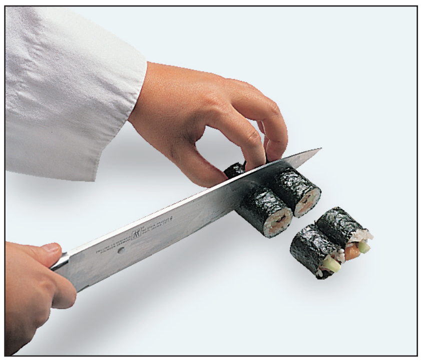
2 Spreading the rice over the nori.



3 Adding the garnishes in a row down the middle of the rice.



4 Rolling the nori around the rice and garnishes.



5 Slicing the roll into six pieces.

▶ Hot Hors d'Oeuvre

To provide a comprehensive list of hot hors d'oeuvre would be virtually impossible; therefore, we discuss just a few of the more commonly encountered ones that can be easily made in most any kitchen.

FILLED PASTRY SHELLS

Because savory (unsweetened) barquettes and tartlets, éclair puffs and bouchées can hold a small amount of liquid, they are often baked then filled with warm meat, poultry or fish purées or ragoûts, garnished and served hot. They become soggy quickly, however, and must be prepared at the last possible minute before service.

BROCHETTES

Hors d'oeuvre brochettes are small skewers holding a combination of meat, poultry, game, fish, shellfish or vegetables. The foods are typically marinated, then baked, grilled or broiled, and are usually served with a dipping sauce. Brochettes can be small pieces of boneless chicken breast marinated in white wine and grilled; beef cubes glazed with teriyaki sauce; lamb or chicken satay (saté) with peanut sauce or rabbit and shiitake mushrooms skewered on a sprig of fresh rosemary.

In order to increase visual appeal, the main ingredients should be carefully cut and consistent in size and shape. The ingredients are normally diced, but strips of meat and poultry can also be threaded onto the skewers.

As hors d'oeuvre, the skewers should be very small, slightly larger than a toothpick. When assembling brochettes, leave enough exposed skewer so that diners can pick them up easily. Wooden skewers have a tendency to burn during cooking. Soaking them in water before assembling helps reduce the risk of burning.

RABBIT AND SHIITAKE SKEWERS — RECIPE 28.5

Yield: 12 Skewers

Rabbit	1	1
Shiitake mushrooms	2 lb.	1 kg
Fresh rosemary	12 sprigs	12 sprigs
Salt and pepper	TT	TT
Olive oil	2 fl. oz.	60 ml



1 Bone the rabbit and cut the pieces into ½-inch (1.2-centimeter) cubes. One rabbit should produce 36 cubes.
2 Wash the mushrooms. Trim and discard the stems.
3 Cut enough of the mushrooms into ½-inch (1.2-centimeter) dice to produce 24 pieces.
4 Skewer three pieces of rabbit and two pieces of mushroom alternately onto each rosemary sprig.
5 Season the skewers and the remaining mushrooms with salt and pepper and brush with olive oil. Grill the skewers and the mushroom caps over medium heat, being careful not to burn the rosemary sprigs.
6 Slice the mushroom caps and arrange a portion of sliced mushrooms and two rabbit skewers on each plate.

Approximate values per skewer: **Calories** 160, **Total fat** 8 g, **Saturated fat** 1.5 g, **Cholesterol** 30 mg, **Sodium** 20 mg, **Total carbohydrates** 11 g, **Protein** 12 g

MEATBALLS

Meatballs made from ground beef, veal, pork or poultry and served in a sauce buffet style are a popular hot hors d'oeuvre. One of the best known is the Swedish meatball. It is made from ground beef, veal and pork bound with eggs and bread crumbs and served in a velouté or cream sauce seasoned with dill. Other sauces that can be used in the same manner are mushroom sauce, red wine sauce or any style of tomato sauce.

RECIPE 28.6

SWEDISH MEATBALLS

Yield: 4 lb. 8 oz. (2 kg)

Onions, small dice	8 oz.	250 g
Whole butter	2 oz.	60 g
Ground beef	2 lb.	1 kg
Ground pork	2 lb.	1 kg
Bread crumbs, fresh	4 oz.	120 g
Eggs	3	3
Salt	1 Tbsp.	15 ml
Black pepper	TT	TT
Nutmeg, ground	TT	TT
Allspice, ground	TT	TT
Lemon zest, grated	1 tsp.	5 ml
Demi-glace, hot	1 qt.	1 lt
Heavy cream, hot	8 fl. oz.	250 ml
Fresh dill, chopped	2 Tbsp.	30 ml

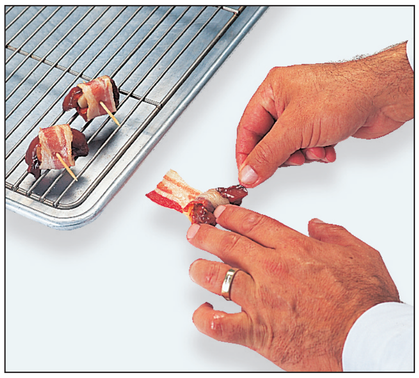
1 Sauté the onions in the butter without coloring. Remove and cool.
2 Combine the onions with all of the ingredients except the demi-glace, cream and dill. Mix well.
3 Portion the meat with a #20 scoop; form into balls with your hands and place on a sheet pan.
4 Bake the meatballs at 400°F (200°C) until firm, approximately 15 minutes. Remove the meatballs from the pan with a slotted spoon, draining well, and place in a hotel pan.

5 Combine the demi-glace, cream and dill; pour over the meatballs.
6 Cover the meatballs and bake at 350°F (180°C) until done, approximately 20 minutes. Skim off the grease from the surface and serve.

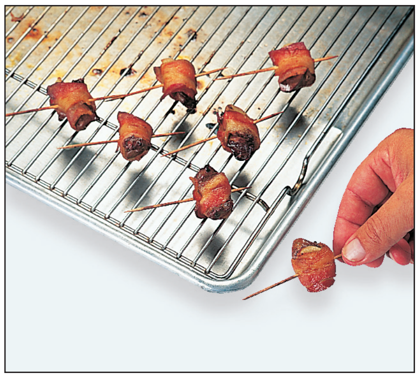
Approximate values per 5-oz. (150-g) serving: **Calories** 250, **Total fat** 16 g, **Saturated fat** 7 g, **Cholesterol** 105 mg, **Sodium** 420 mg, **Total carbohydrates** 7 g, **Protein** 20 g, **Calcium** 30%

RUMAKI

Traditionally, rumaki were made by wrapping chicken livers in bacon and broiling or baking them. Today, however, many other foods prepared in the same fashion are called rumaki. For example, blanched bacon can be wrapped around olives, pickled watermelon rind, water chestnuts, pineapple, dates or scallops. These morsels are then broiled, baked or fried and served piping hot.



1 Rolling rumaki.



2 The finished rumaki.

RUMAKI

RECIPE 28.7

Yield: 60 Pieces

Chicken livers	1 lb.	450 g
Marinade:		
Brown sugar	1 Tbsp.	15 ml
Water, hot	1 Tbsp.	15 ml
Dark soy sauce	1 Tbsp.	15 ml
Garlic, minced	1 Tbsp.	15 ml
Bacon, sliced thin	30 slices	30 slices
Water chestnuts, sliced	60 slices	60 slices

1 Trim the livers and cut into 60 equal-sized pieces. Place the livers in a stainless steel bowl.
2 Combine the marinade ingredients. Pour the marinade over the livers and refrigerate for 1 hour.
3 Cut the bacon slices in half, spread them on a sheet pan and parcook at 375°F (180°C) for approximately 5 minutes. Pour off and discard the excess fat.
4 Drain the livers. Roll one piece of liver and one water chestnut slice in one piece of bacon and secure with a toothpick. Place on a baking rack over a sheet pan with the seam side down.

5 Bake the rumaki in a 400°F (200°C) convection oven until the bacon is crisp and the liver is cooked, approximately 10 minutes. Do not overcook or the rumaki will be dry. Serve hot.

Approximate values per piece: **Calories** 60, **Total fat** 5 g, **Saturated fat** 1.5 g, **Cholesterol** 30 mg, **Sodium** 170 mg, **Total carbohydrates** 1 g, **Protein** 4 g, **Vitamin A** 10%

STUFFED WONTON SKINS

Wonton skins are an Asian noodle dough used to produce a wide variety of hors d'oeuvre such as a miniature version of the traditional egg roll or a puff filled with a mixture of seasoned cream cheese and crab. Or they can be stuffed with a wide variety of pork, chicken, shellfish and vegetables before cooking. As hors d'oeuvre, stuffed wonton skins can be steamed, but they are more often pan-fried or deep-fried.

RECIPE 28.8

STUFFED WONTONS WITH APRICOT SAUCE

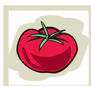
Yield: 24 Pieces

Cream cheese	8 oz.	250 g
Crab meat	8 oz.	250 g
Garlic, chopped	1 tsp.	5 ml
Green onions, sliced	1 oz.	30 g
Salt and pepper	TT	TT
Worcestershire sauce	TT	TT
Sesame oil	TT	TT
Wonton skins	24	24
Apricot Sauce (recipe follows)	as needed	as needed

1 Place the cream cheese in the bowl of a mixer and mix until soft.
2 Add the crab meat, garlic and green onions. Season with salt and pepper, Worcestershire sauce and a drop or two of sesame oil.
3 Place several wonton skins on a work surface. Brush the edges with water. Place 1 tablespoon (15 milliliters) of the cream cheese mixture in the center of each skin. Fold the wonton skin in half to form a triangle; seal the edges.
4 Using the swimming method, deep-fry the wontons at 350°F (180°C) for 10 seconds. Remove the wontons, drain well and refrigerate.
5 At service time, deep-fry the wontons at 350°F (180°C) until crisp, approximately 1 minute. Serve with Apricot Sauce.

Approximate values per piece, with sauce: **Calories** 130, **Total fat** 8 g, **Saturated fat** 2.5 g, **Cholesterol** 20 mg, **Sodium** 105 mg, **Total carbohydrates** 11 g, **Protein** 4 g

APRICOT SAUCE



Yield: 8 oz. (250 g)

Apricot preserves	8 oz.	250 g
Fresh ginger, grated	1 Tbsp.	15 ml
Dry mustard	1 tsp.	5 ml
Red wine vinegar	1 Tbsp.	15 ml

1 Combine all ingredients and heat until the preserves melt and the flavors blend.

Approximate values per 1-oz. (30-g) serving: **Calories** 70, **Total fat** 0 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 10 mg, **Total carbohydrates** 19 g, **Protein** 0 g, **Claims**—fat free

OTHER HOT HORS D'OEUVRE

Other types of hot hors d'oeuvre include layers of phyllo dough wrapped around various fillings; vegetables such as mushrooms that are stuffed and baked; tiny red potatoes filled with sour cream and caviar or Roquefort cheese and walnuts; tiny artichoke or clam fritters or any of the hundreds of varieties of chicken wings that are seasoned or marinated, baked, fried, broiled or grilled and served with a cool and soothing or outrageously spicy sauce.

The secret is to let your imagination be your guide, to keep the ingredients harmonious and, if the hors d'oeuvre are to precede dinner, not to allow them to duplicate the foods to be served or overpower them with excessively spicy flavors.

▶ Serving Hors d'Oeuvre

Hors d'oeuvre are not served only as a precursor to dinner. At many events, the only foods served may be butlered hors d'oeuvre, an hors d'oeuvre buffet or a combination of the two. Whether the hors d'oeuvre are being served before dinner or as dinner, butler style or buffet style, they must always be attractively prepared and displayed.

All events have themes and varying degrees of formality. Long buffets with overflowing baskets of crudités and sweet potato chips with dips presented in hollowed squashes and cabbages may be appropriate for one event, while elegant silver trays of carefully prepared canapés passed among guests by white-gloved, tuxedoed service staff may be appropriate for another. When preparing and serving hors d'oeuvre, always keep the event's theme in mind and plan accordingly.

When choosing hors d'oeuvre, select an assortment that contrasts flavors, textures and styles. There are no limits to the variety of hors d'oeuvre that can be served, but three to four cold and three to four hot selections are sufficient for most occasions. The following is a sample selection of hot and cold hors d'oeuvre that contrast flavors, textures and styles as well as types of food.

Cold

- Canapés of smoked salmon on brioche
- Barquettes filled with Roquefort cheese and garnished with grapes
- Tiny tortilla cups filled with grilled chicken and spicy tomato salsa

Hot

- Tiny pouches of shrimp wrapped in phyllo dough (page 919)
- Date and chorizo rumaki (page 915)
- Rabbit and shiitake skewers (page 901)
- Small chèvre tarts (page 918)

BUTLER SERVICE

Butler service hors d'oeuvre, or "passed" hors d'oeuvre, are presented to guests on trays by the service staff. The hors d'oeuvre can be hot or cold and should be very small to make it easier for the guests to eat them without the aid of a knife or fork. Hot and cold hors d'oeuvre should be passed separately so that they can be kept at the correct temperatures. For a one-hour cocktail reception before a dinner, three to five hors d'oeuvre per person is usually sufficient. If hors d'oeuvre are the only food being served, however, four to five pieces per person per hour may be more appropriate.

BUFFET SERVICE

An hors d'oeuvre buffet should be beautiful and appetizing. It may consist of a single table to serve a small group of people or several huge multilevel displays designed to feed thousands. Colors, flavors and textures must all be taken into account when planning the menu.

Both hot and cold hors d'oeuvre may be served on buffets. Hot hors d'oeuvre are often kept hot by holding them in chafing dishes. Alternatively, hot hors d'oeuvre can be displayed on trays or platters; the trays and platters, however, must be replaced frequently to ensure that the food stays hot. Cold hors d'oeuvre can be displayed on trays, mirrors, platters, baskets, leaves, papers or other serving pieces to create the desired look.

ARRANGING BUFFET PLATTERS

When displaying hors d'oeuvre and other foods on mirrors, trays or platters, the foods should be displayed in a pattern that is pleasing to the eye and flows toward the guest or from one side to the other. An easy and attractive method for accomplishing this is to arrange the items on a mirror or tray with an attractive centerpiece. The food can be placed in parallel diagonal lines, alternating the various styles and shapes. Three alternative arrangements are shown in the following photographs. Be careful not to make the tray or mirror too fussy or cluttered, however; often the best approach is to keep it simple.







CONCLUSION



The preparation of hors d'oeuvre provides an opportunity for the chef to demonstrate his or her creativity, knowledge of food and skills in presentation and garnishing. Because hors d'oeuvre often serve as the guests' introduction to the foods you serve, it is especially important that these foods be properly prepared and of the highest quality.

QUESTIONS FOR DISCUSSION

1. Discuss four guidelines that should be followed when preparing hors d'oeuvre.
2. Identify and describe the three parts of a canapé.
3. Describe the differences between beluga, osetra and sevruga caviars, and explain how these differ from domestic caviars.
4. Create an hors d'oeuvre menu for a small cocktail party. Include three hot and three cold items, and explain the reasons for your selections.

ADDITIONAL HORS D'OEUVRE AND CANAPÉ RECIPES

RECIPE 28.9 CURRIED CHICKEN CANAPÉS



CHEF SIDNEY BRODSKY

After washing dishes at his school cafeteria while still a student, Chef Brodsky completed a three-year American Culinary Federation apprenticeship at the Canterbury Golf Club in Shaker, Ohio. He then attended culinary school at Cuyahoga Community College, Cleveland, earning an AOS degree in Restaurant and Food Service Management in 1986.

Chef Brodsky is now the chef and owner of Phoenix's James Gerald Foods, which specializes in preparing fresh, unique hors d'oeuvre and canapés for commercial clients such as hotels, resorts and caterers.

Having taught garde-manger at Scottsdale Community College in Scottsdale, Arizona, Chef Brodsky encourages students to "look for and focus on the details in all that you do."

PREP CHEF, INC., PHOENIX, AZ
Chef Sidney Brodsky

Bread, thinly sliced	as needed	as needed
Chicken Curry Spread (recipe follows)	as needed	as needed
Vegetable garnishes	as desired	as desired

1. Toast the bread lightly. Top with a smooth, even layer of Chicken Curry Spread.
2. Cut the bread into the desired shapes, such as squares, circles or diamonds, being sure to wipe the knife blade clean after each cut. Garnish each canapé as desired.

CHICKEN CURRY SPREAD

Yield: 25 Servings

Chicken breasts, boneless, skinless, cooked	1 lb.	450 g
Cream of coconut	1/2 c.	120 ml
Mayonnaise	1/2 c.	120 ml
Curry powder	1 1/2 Tbsp.	45 ml
Lemon juice	1 Tbsp.	30 ml
Salt and white pepper	TT	TT

1. Cut the chicken into small pieces and place in a food processor. Pulse until a fine texture is obtained.
2. Add the remaining ingredients and mix until blended. Refrigerate until needed, but use within 2 days.

Variation: For a mixture that can be piped into barquettes or used as a garnish, process the chicken until very smooth and add 2–3 ounces (60–90 grams) of plain cream cheese.

Approximate values per 1-oz. (30-g) serving: **Calories** 80, **Total fat** 6 g, **Saturated fat** 2 g, **Cholesterol** 20 mg, **Sodium** 40 mg, **Total carbohydrates** 1 g, **Protein** 6 g

RECIPE 28.10 BUCKWHEAT BLINI

Blini may be used as a canapé base and are frequently topped with crème fraîche and garnished with caviar.

Yield: 24 Blini

Granulated sugar	2 tsp.	10 ml
Dry yeast	1/4 oz.	7 g
Milk, lukewarm	14 fl. oz.	420 ml
Buckwheat flour	4 oz.	120 g
All-purpose flour	3 oz.	90 g

Salt	½ tsp.	2 ml
Unsalted butter, melted	3 Tbsp.	45 ml
Vegetable oil	2 Tbsp.	30 ml
Egg yolks	3	3
Egg whites	2	2

1. Stir the sugar and yeast into the milk and let stand until foamy, approximately 5 minutes.
2. Whisk in the flours, salt, butter, oil and egg yolks. Beat until smooth.
3. Cover the batter and allow it to rise in a warm place until doubled, approximately 1 hour.
4. Beat the egg whites to stiff peaks, then fold them into the risen batter.
5. Lightly oil and preheat a large sauté pan. Drop 2 tablespoons (30 milliliters) of batter into the sauté pan, spacing the blini at least 1 inch (2.5 centimeters) apart. Cook until the bottom of each blini is golden, approximately 1 minute. Turn the blini and cook an additional 30 seconds. Remove from the pan and keep warm for service.

Approximate values per blini: **Calories** 70, **Total fat** 4 g, **Saturated fat** 1.5 g, **Cholesterol** 35 mg, **Sodium** 60 mg, **Total carbohydrates** 7 g, **Protein** 2 g

POACHED SEA SCALLOP, SMOKED SALMON AND CAVIAR CANAPÉS

RECIPE 28.11

THE BROWN PALACE HOTEL, DENVER, CO

Executive Chef Mark Black



Yield: 10 Canapés

Sour cream	4 oz.	120 g
Chives, minced	1 Tbsp.	15 ml
Fresh lemon juice	1 fl. oz.	30 ml
Court bouillon	1 qt.	1 lt
Sea scallops, size U-10	10	10
Bread canapé bases, round, toasted	10	10
Smoked salmon, sliced thin	6 oz.	180 g
Caviar	¼ oz.	8 g
Green onion, sliced on the bias	1	1

1. Combine the sour cream, chives and lemon juice. Mix well and refrigerate until service.
2. Bring the court bouillon to a simmer. Add the scallops and poach for 5 minutes, remove and refrigerate.
3. Once cooled, slice each scallop horizontally into three even slices.
4. Spread the canapé bases with a small amount of the sour cream mixture.
5. To assemble each canapé, place one scallop slice on a base and top with a small amount of sour cream. Place a small amount of the smoked salmon on the scallop slice and top with a small amount of sour cream. Add a second layer of scallop slice, sour cream, salmon and sour cream and then place the third slice of scallop on top. Garnish the canapé with caviar and green onion and serve.

Approximate values per canapé: **Calories** 90, **Total fat** 3.5 g, **Saturated fat** 1.5 g, **Cholesterol** 20 mg, **Sodium** 450 mg, **Total carbohydrates** 6 g, **Protein** 8 g

RECIPE 28.12

SEARED RABBIT WITH RASPBERRY MUSTARD



THE BROWN PALACE HOTEL, DENVER, CO
Executive Chef Mark Black

Yield: 6 Canapés

Rabbit loins, silverskin removed	2	2
Salt and pepper	TT	TT
Vegetable oil	as needed	as needed
Dijon mustard	1 oz.	30 ml
Fresh raspberries	1½ oz.	45 g
Lingonberries	1 Tbsp.	15 ml
Honey	½ tsp.	3 ml
Brioche croutons, 1-in. (2.5-cm) rounds	6	6
Cream cheese, softened	as needed	as needed
Yellow bell pepper	as needed	as needed
Fresh chervil	as needed	as needed

1. Season the rabbit loins with salt and pepper. Sear them in a small amount of oil in a hot sauté pan. Remove from the pan and cool.
2. Combine the mustard, raspberries, lingonberries and honey and purée in a food processor until smooth.
3. Cut the rabbit into 12 slices.
4. Lightly spread the mustard mixture on the brioche croutons. Place two slices of rabbit on top of the mustard. Pipe a garnish of cream cheese on each and garnish with bell pepper and fresh chervil.

Approximate values per canapé: **Calories** 60, **Total fat** 2.3 g, **Saturated fat** 1 g, **Cholesterol** 23 mg, **Sodium** 42 mg, **Total carbohydrates** 1 g, **Protein** 8 g

RECIPE 28.13

TOSTADITAS OF GULF CRAB WITH GUACAMOLE



CAFÉ ANNIE, HOUSTON, TX
Chef-Owner Robert Del Grande
Executive Chef Ben Berryhill

Yield: 36 Pieces

Gulf crab meat, fresh	1 lb.	450 g
Mayonnaise	2 Tbsp.	30 ml
Heavy cream	2 Tbsp.	30 ml
Salt	1 tsp.	5 ml
Chipotle sauce (optional)	1 Tbsp.	15 ml
Guacamole:		
Hass avocados, ripe, medium dice	2	2
White onions, minced	4 oz.	120 g
Serrano chiles, stems removed, minced	2	2
Cilantro leaves, minced	2 Tbsp.	30 ml
Olive oil	2 tsp.	10 ml
Fresh lime juice	1 tsp.	5 ml
Kosher salt	1 tsp.	5 ml
Black pepper	¼ tsp.	1 ml
Tomato, chopped	1	1
Tortilla triangles, fried crisp	36	36

1. Check the crab meat for any small pieces of shell. In a small mixing bowl, combine the mayonnaise, heavy cream, salt and chipotle sauce (if desired). Mix until blended and smooth. Add the crab meat and toss to coat the crab. Do not overmix. Refrigerate until ready to use.
2. To prepare the guacamole, combine all of the guacamole ingredients except the tomato. Stir the ingredients together with a spoon to form a coarse mixture. Do not overmix; leave bits of avocado intact. At service time, stir in the tomato.
3. To serve, place a small spoonful of guacamole on each crisp tortilla chip. Top the guacamole with a small spoonful of crab meat. If desired, garnish each tostadita with a few drops of chipotle sauce.

Approximate values per piece: **Calories** 50, **Total fat** 3.5 g, **Saturated fat** 0.5 g, **Cholesterol** 10 mg, **Sodium** 180 mg, **Total carbohydrates** 2 g, **Protein** 3 g

KALAMATA OLIVE AND ASIAGO CROSTINI

RECIPE 28.14

LES GOURMETTES COOKING SCHOOL, PHOENIX, AZ

Barbara Fenzl, CCP

Yield: 12 pieces

French bread	½ loaf	½ loaf
Fresh basil leaves, chopped	50	50
Tomato concassée	4 oz.	120 g
Garlic, chopped	2 tsp.	10 ml
Kalamata olives, pitted, chopped	15	15
Asiago, grated	2 oz.	60 g

1. Slice the bread ¼ inch (6 millimeters) thick.
2. Combine the remaining ingredients and mix well.
3. Spread ½ tablespoon (8 milliliters) of the mixture on each slice of bread. Place under the broiler or salamander until hot and the cheese is melted, approximately 2 minutes.

Approximate values per piece: **Calories** 60, **Total fat** 2 g, **Saturated fat** 1 g, **Cholesterol** 5 mg, **Sodium** 180 mg, **Total carbohydrates** 8 g, **Protein** 2 g, **Claims**—low fat; low cholesterol; no sugar

HUMMUS

RECIPE 28.15

Yield: 1 qt. (1 lt)

Chickpeas, cooked	1 lb.	450 g
Tahini	8 oz.	225 g
Garlic, chopped	2 tsp.	10 ml
Cumin, ground	½ tsp.	2 ml
Lemon juice	4 fl. oz.	120 ml
Salt	1 tsp.	5 ml
Cayenne pepper	TT	TT
Olive oil	2 fl. oz.	60 g
Fresh parsley, chopped	2 tsp.	10 ml



1. Combine the chickpeas, tahini, garlic, cumin and lemon juice in a food processor; process until smooth. Season with salt and cayenne.
2. Spoon the hummus onto a serving platter and smooth the surface. Drizzle the olive oil over the hummus and garnish with the chopped parsley. Serve with warm pita bread that has been cut into quarters.

▶ **tahini** (tah-HEE-nee) a thick, oily paste made from crushed sesame seeds

Approximate values per 2-fl.-oz. (60-ml) serving: **Calories** 210, **Total fat** 16 g, **Saturated fat** 1 g, **Cholesterol** 0 mg, **Sodium** 250 mg, **Total carbohydrates** 10 g, **Protein** 7 g, **Iron** 8%

RECIPE 28.16 BABA GHANOUSH



Yield: 5 c. (1.2 lt)

Eggplants	3	3
Virgin olive oil	4 fl. oz.	120 ml
Salt and pepper	TT	TT
Fresh lemon juice	4 fl. oz.	120 ml
Garlic cloves	6	6
Tahini	7 oz.	210 g

1. Cut the eggplants in half and score the cut surface of each half from edge to edge in a crosshatch pattern approximately ½ inch (1.2 centimeters) deep.
2. Brush the cut surfaces with 2 fluid ounces (60 milliliters) of olive oil, season with salt and pepper and place cut side down on a sheet pan. Roast in a 350°F (180°C) oven until very soft, approximately 45 minutes.
3. Cool the eggplants and scoop out the flesh. Purée the flesh in a food processor with the lemon juice, garlic, tahini, salt and pepper. Add the remaining olive oil and blend in. Adjust the seasonings. Serve in a bowl, drizzled with additional olive oil, if desired, and accompanied by pita bread or crudités.

Approximate values per 2-Tbsp. (30-ml) serving: **Calories** 60, **Total fat** 5 g, **Saturated fat** 0.5 g, **Cholesterol** 0 mg, **Sodium** 0 mg, **Total carbohydrates** 3 g, **Protein** 1 g

RECIPE 28.17 TAPENADE

Yield: 12 fl. oz. (350 ml)

Garlic cloves	4	4
Kalamata olives, pitted	1 pt.	450 ml
Anchovies	1 oz.	30 g
Capers	2 Tbsp.	30 ml
Fresh thyme	1 tsp.	5 ml
Fresh rosemary	1 tsp.	5 ml
Fresh oregano	1 tsp.	5 ml
Fresh lemon juice	3 Tbsp.	45 ml
Extra virgin olive oil	2 fl. oz.	60 ml

1. Place all of the ingredients in the bowl of a food processor and process until the mixture forms a coarse paste. Refrigerate.

Approximate values per tablespoon (15 ml): **Calories** 35, **Total fat** 3.5 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 160 mg, **Total carbohydrates** 1 g, **Protein** 0 g

RECIPE 28.18 GUACAMOLE

Yield: 1 qt. (1 lt)

Avocados	6	6
Lemon juice	2½ fl. oz.	75 ml
Green onions, sliced	4 Tbsp.	60 ml
Fresh cilantro, chopped	3 Tbsp.	45 ml
Tomatoes, seeded, diced	3 Tbsp.	45 ml
Garlic, chopped	1 tsp.	5 ml
Dried oregano	½ tsp.	2 ml
Jalapeños, seeded, chopped	1	1
Salt	TT	TT

1 Cut each avocado in half. Remove the seed and scoop out the pulp.
2 Add the lemon juice to the avocado pulp and mix well, mashing the avocado pulp.
3 Add the remaining ingredients. Season with salt and mix well.

Approximate values per 2-fl.-oz. (60-ml) serving: **Calories** 120, **Total fat** 12 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 25 mg, **Total carbohydrates** 1 g, **Protein** 2 g, **Vitamin C** 15%, **Claims**—no saturated fat; no cholesterol; no sugar; high fiber

ORANGE SOY VINAIGRETTE

RECIPE 28.19

SAN JOAQUIN DELTA COLLEGE, STOCKTON, CA
John D. Britto, CEC, CCE

This vinaigrette may be used as a dip for egg rolls, fried fish or calamari or served as a salad dressing.

Yield: 10 Servings

Rice vinegar	8 fl. oz.	240 ml
Chile flakes	1 tsp.	5 ml
Granulated sugar	3 Tbsp.	45 ml
Orange oil	1/2 tsp.	2 ml
Sesame oil	2 tsp.	10 ml
Soy sauce	1 Tbsp.	15 ml
Orange zest, minced	4 tsp.	20 ml
Water	as needed	as needed
Green onion tops, sliced very thin on the bias	2 Tbsp.	30 ml
Sesame seeds	2 tsp.	10 ml
Fresh cilantro, chopped	2 tsp.	10 ml

1 Combine the vinegar, chile flakes, sugar, oils, soy sauce and orange zest in a small saucepan. Bring to a boil and cook just until the sugar dissolves.
2 Taste the mixture and adjust the strength by adding 4 to 8 fluid ounces (120 to 240 milliliters) of water.
3 Cool the mixture, then add the green onions, sesame seeds and cilantro. Stir to combine, cover and chill until ready to use.

Approximate values per 1-fl.-oz. (30-ml) serving: **Calories** 45, **Total fat** 1.5 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 105 mg, **Total carbohydrates** 8 g, **Protein** 0 g, **Claims**—low fat; no cholesterol

SPINACH AND ARTICHOKE DIP

RECIPE 28.20

Yield: 4 lb. 6 oz. (2 kg)

Onions, medium dice	3 oz.	90 g
Garlic, chopped	2 tsp.	10 ml
Clarified butter	1 fl. oz.	30 ml
Frozen chopped spinach, thawed	1 lb. 8 oz.	700 g
Artichoke hearts, canned, chopped coarse	1 lb.	450 g
Cream sauce	1 qt.	1 lt
Worcestershire sauce	2 tsp.	10 ml
Parmesan, grated	6 oz.	180 g
Salt and pepper	TT	TT
Tabasco sauce	TT	TT



1 Sautéing the onions, garlic and spinach.



2 Serving the dip from a chafing dish.

1. Sauté the onion and garlic in the butter until tender without coloring.
2. Add the spinach and sauté until hot.
3. Add the artichoke hearts, cream sauce, Worcestershire sauce and 4 ounces (120 grams) of the Parmesan. Mix well.
4. Season with salt, pepper and Tabasco sauce.
5. Transfer the dip to a half-size hotel pan. Top with the remaining Parmesan and bake at 350°F (180°C) until hot and browned on top, approximately 20 minutes.

Approximate values per 2-oz. (60-g) serving: **Calories** 110, **Total fat** 6 g, **Saturated fat** 3.5 g, **Cholesterol** 15 mg, **Sodium** 250 mg, **Total carbohydrates** 8 g, **Protein** 5 g, **Vitamin A** 20%

RECIPE 28.21

LAMB SATAY

Yield: 16 Skewers

Lamb leg meat, boned, trimmed	2 lb.	1 kg
Vegetable oil	2 fl. oz	60 ml
Lemongrass, chopped	2 Tbsp.	30 ml
Garlic, chopped	1 Tbsp.	15 ml
Red pepper flakes, crushed	1 tsp.	5 ml
Curry powder	1 Tbsp.	15 ml
Honey	1 Tbsp.	15 ml
Fish sauce	1 Tbsp.	15 ml
Peanut Sauce (page 241)	as needed	as needed

1. Cut the lamb into 2-ounce (60-gram) strips approximately 4 inches (10 centimeters) long. Lightly pound the strips with a mallet. Thread the strips onto 6-inch (15-centimeter) bamboo skewers that have been soaked in water.
2. To make the marinade, combine all of the ingredients except the Peanut Sauce in the bowl of a food processor and purée until smooth.
3. Brush the meat with the marinade and allow to marinate for 1 hour.
4. Grill the skewers until done, approximately 2 minutes. Serve with Peanut Sauce.

Variations: Beef or chicken satay can be made by substituting well-trimmed beef or boneless, skinless chicken meat for the lamb.

Approximate values per skewer: **Calories** 118, **Total fat** 7 g, **Saturated fat** 2 g, **Cholesterol** 37 mg, **Sodium** 40 mg, **Total carbohydrates** 2 g, **Protein** 12 g

RECIPE 28.22

GRILLED SHRIMP WITH PROSCIUTTO AND BASIL



Yield: 12 Pieces

Shrimp, 16–20 count, peeled and deveined	12	12
Dry white wine	4 fl. oz.	120 ml
Rice wine vinegar	2 fl. oz.	60 ml
Dried thyme	2 tsp.	10 ml
Onions, minced	2 oz.	60 g
Cumin, ground	1 Tbsp.	15 ml
Salt and pepper	TT	TT
Vegetable oil	6 fl. oz.	180 ml
Dried basil	2 tsp.	10 ml

Garlic cloves, chopped	2	2
Prosciutto slices	3	3
Fresh basil leaves	6	6

1. Combine all the ingredients except the prosciutto and fresh basil in a stainless steel bowl. Marinate for 30 minutes.
2. Remove the shrimp from the marinade and drain them well.
3. Cut each slice of prosciutto into quarters.
4. Wrap each shrimp first with half a basil leaf, then with a piece of prosciutto; secure with a toothpick.
5. Grill until done, remove the toothpick and serve hot or cold.

Approximate values per piece: **Calories** 220, **Total fat** 15 g, **Saturated fat** 2 g, **Cholesterol** 170 mg, **Sodium** 250 mg, **Total carbohydrates** 2 g, **Protein** 18 g, **Iron** 15%

DATE AND CHORIZO RUMAKI

RECIPE 28.23

Yield: 32 Pieces

Bacon, sliced thin	16 slices	16 slices
Chorizo (page 887)	8 oz.	250 g
Cream cheese	4 oz.	120 g
Whole dates, pitted	32	32

1. Partially cook the bacon on a sheet pan in a 350°F (180°C) oven for approximately 5 minutes.
2. Cook the chorizo to render the excess fat. If the chorizo is in links, remove the meat from the casings before cooking.
3. Remove the cooked chorizo from the pan and drain in a mesh strainer or china cap to remove excess fat. Then blend the cream cheese into the meat.
4. Cut the dates open, butterfly style. Stuff each date with a portion of the chorizo mixture.
5. Wrap each date with a half slice of bacon, securing with a toothpick.
6. Arrange the rumaki on a rack placed over a sheet pan. Bake at 350°F (180°C) until the bacon is crisp and the dates are hot, approximately 15 to 20 minutes.

Approximate values per piece: **Calories** 90, **Total fat** 5 g, **Saturated fat** 2.5 g, **Cholesterol** 15 mg, **Sodium** 150 mg, **Total carbohydrates** 7 g, **Protein** 3 g

RED POTATOES WITH WALNUTS AND GORGONZOLA

RECIPE 28.24

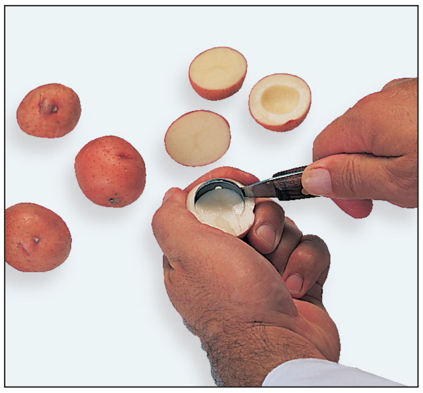
Yield: 80 Pieces

New red potatoes	40	40
Salt and pepper	TT	TT
Fresh thyme	2 tsp.	10 ml
Olive oil	2 fl. oz.	60 ml
Cream cheese	8 oz.	250 g
Gorgonzola	3 oz.	90 g
Bacon, medium dice, cooked	1 oz.	30 g
Sour cream	4 oz.	120 g
Walnuts, chopped coarse	1½ oz.	45 g
Worcestershire sauce	TT	TT
Tabasco sauce	TT	TT
Chives, minced	3 Tbsp.	45 ml

1 Cut the potatoes in half and scoop out a portion of the inside with a Parisienne scoop.
2 Toss the potatoes with the salt, pepper, thyme and olive oil. Arrange the potatoes on a sheet pan with their flat surfaces down and bake at 400°F (200°C) until brown and cooked through, approximately 15 minutes.
3 Soften the cream cheese in the bowl of an electric mixer. Add the Gorgonzola, bacon, sour cream and walnuts. Mix until smooth. Season with the Worcestershire and Tabasco sauces.
4 Using a pastry bag and plain tip, fill each hot potato half with the cold cheese mixture and sprinkle with chopped chives.

Variation: Fill the cooked potatoes with crème fraîche, top with caviar and sprinkle with sliced chives instead of using the bacon-and-cheese mixture.

Approximate values per piece: **Calories** 50, **Total fat** 3 g, **Saturated fat** 1 g, **Cholesterol** 5 mg, **Sodium** 35 mg, **Total carbohydrates** 6 g, **Protein** 1 g, **Claims**—low fat; low cholesterol; low sodium; no sugar



1 Scooping out the potato halves.



2 Filling the potato halves with the cheese mixture.



3 Garnishing the finished potato hors d'oeuvre.

RECIPE 28.25

TRICOLOR POTATO CANAPÉS WITH CRÈME FRAÎCHE AND CAVIAR



THE BROWN PALACE HOTEL, DENVER, CO

Executive Chef Mark Black

Yield: 6 Servings

Russet potatoes	3	3
Red potatoes	3	3
Purple potatoes	3	3
Saffron threads	1/2 tsp.	3 ml
Crème fraîche	4 fl. oz.	120 ml
Beluga caviar	1/8 oz.	4 g
Chives	as needed	as needed

1 Cut each potato crosswise into 1 1/4-inch- (3-centimeter-) thick slices. Using a 3/4-inch (2-centimeter) round fluted cutter, cut rounds from the potato slices. Using a Parisienne scoop, scoop a cavity in the top of each round.
2 Simmer each type of potato separately in a small amount of salted water, adding saffron to the water with the russet potato rounds. Simmer the potato rounds until tender, approximately 8 to 10 minutes. Remove from the water and chill.

3 Fill the cavities of the chilled potatoes with crème fraîche. Top each potato with caviar and garnish with chives.

Approximate values per 5-oz. (150-g) serving: **Calories** 160, **Total fat** 4 g, **Saturated fat** 2.5 g, **Cholesterol** 10 mg, **Sodium** 25 mg, **Total carbohydrates** 28 g, **Protein** 3 g, **Vitamin C** 15%

STUFFED MUSHROOM CAPS

RECIPE 28.26

Yield: 48 Pieces

White mushrooms, medium	60	60
Clarified butter	2 fl. oz.	60 ml
Onions, minced	4 oz.	120 g
Flour	1 Tbsp.	15 ml
Heavy cream	4 fl. oz.	120 ml
Ham, cooked, chopped	4 oz.	120 g
Fresh parsley, chopped	2 Tbsp.	30 ml
Salt and pepper	TT	TT
Swiss cheese, shredded	2 oz.	60 g

1 Wash the mushrooms. Remove and chop the stems and 12 of the caps.
2 Sauté the whole mushroom caps in 1 ounce (30 grams) of the clarified butter until partially cooked but still firm. Remove from the pan and reserve.
3 Add the remaining butter to the pan. Sauté the onions and chopped mushrooms until dry.
4 Add the flour and cook for 1 minute. Add the cream; bring to a simmer and cook for 2 minutes.
5 Add the ham and parsley, season to taste with salt and pepper; stir to combine. Remove from the pan and cool slightly.
6 Stuff the mushroom caps with the ham mixture and sprinkle with shredded Swiss cheese.
7 Bake the mushrooms at 350°F (180°C) until hot, approximately 10 to 15 minutes.

Approximate values per piece: **Calories** 30, **Total fat** 2.5 g, **Saturated fat** 1.5 g, **Cholesterol** 10 mg, **Sodium** 35 mg, **Total carbohydrates** 1 g, **Protein** 1 g, **Claims**—low fat; low cholesterol; low sodium; low calorie; no sugar

ESCARGOT IN GARLIC BUTTER

RECIPE 28.27

Yield: 48 Pieces

Snails, canned	48	48
Butter, softened	1 lb.	450 g
Shallots, minced	2 Tbsp.	30 ml
Garlic, chopped	2 tsp.	10 ml
Fresh parsley, chopped	3 Tbsp.	45 ml
Salt and pepper	TT	TT
Mushroom caps, medium	48	48

1 Drain and rinse the snails.
2 Combine the butter, shallots, garlic, parsley, salt and pepper in a mixer or food processor and mix or process until well blended.
3 Sauté the mushroom caps in a small amount of the garlic butter until cooked but still firm. Remove from the heat.

▶ **escargot** (ays-skahr-go) French for snail; those used for culinary purposes are land snails (genus *Helix*); the most popular are the large Burgundy snails and the smaller but more flavorful common or garden snail known as *petit gris*

4 Place a snail in each cap and top with a generous amount of the garlic butter.
5 Bake the mushrooms and snails at 450°F (230°C) for 5 to 7 minutes and serve hot.

Variation: Prepare 48 small bouchées from puff pastry. Sauté the snails in a generous amount of the garlic butter and place one snail in each bouchée. Drizzle the snail with the garlic butter and serve.

Approximate values per piece: **Calories** 63, **Total fat** 6 g, **Saturated fat** 4 g, **Cholesterol** 19 mg, **Sodium** 64 mg, **Total carbohydrates** 0.5 g, **Protein** 1 g, **Vitamin A** 6%

RECIPE 28.28

CHÈVRE TARTS

Yield: 12 Tarts

Tomato concassée	4 oz.	120 g
Black pepper	TT	TT
Parmesan, grated	3 oz.	90 g
Puff pastry	8 oz.	250 g
Olive oil	as needed	as needed
Pesto Sauce (page 237)	2 fl. oz.	60 ml
Goat cheese (chèvre), Montrachet style	4 oz.	120 g
Zucchini, shredded	4 oz.	120 g

1 Season the tomato concassée with the pepper and sprinkle with 2 tablespoons (30 milliliters) of the Parmesan.
2 Roll out the puff pastry until it is approximately 1/4 inch (6 millimeters) thick, then cut it into 12 circles, approximately 2 1/2 inches (6.2 centimeters) in diameter.
3 Brush mini-muffin tins with olive oil and line them with the puff pastry circles.
4 Add 1 teaspoon (5 milliliters) of Pesto Sauce to each tart.
5 Add 1/3 ounce (10 grams) of goat cheese to each tart.
6 Add enough shredded zucchini to each tart to nearly fill it.
7 Top each tart with the tomato concassée and sprinkle with the remaining Parmesan.
8 Bake at 375°F (190°C) until the tarts are brown on top and the dough is cooked, approximately 15 to 20 minutes.

Approximate values per tart: **Calories** 210, **Total fat** 15 g, **Saturated fat** 4.5 g, **Cholesterol** 15 mg, **Sodium** 270 mg, **Total carbohydrates** 11 g, **Protein** 7 g, **Vitamin A** 20%



1 Lining mini-muffin tins with puff pastry dough.



2 Filling the tarts.



3 The baked tarts.

SPANAKOPITTA

RECIPE 28.29

Yield: 90 Pieces

Onions, small dice	4 oz.	120 g
Unsalted butter, melted	6 oz.	180 g
Fresh spinach, cooked and cooled, or frozen spinach, thawed	24 oz.	700 g
Fresh mint, chopped	1 Tbsp.	15 ml
Feta, crumbled	1 lb.	450 g
Eggs, beaten	3	3
Salt and pepper	TT	TT
Phyllo dough	1 lb.	450 g

1. Sauté the onions in 1 tablespoon (15 milliliters) of the butter until tender. Remove and cool.
2. Combine the cooled onions, spinach, mint, feta and eggs. Season with salt and pepper and mix well.
3. Spread one sheet of phyllo dough on the work surface; brush with melted butter. Place another sheet of phyllo on top of the first; brush it with butter. Place a third sheet of phyllo on top of the second and brush it with butter as well.
4. Cut the dough into 2-inch- (5-centimeter-) wide strips.
5. Place 1 tablespoon (15 milliliters) of the spinach mixture on the end of each strip of phyllo.
6. Starting with the end of the dough strip with the spinach mixture, fold one corner of the dough over the spinach mixture to the opposite side of the strip to form a triangle. Continue folding the dough, keeping it in a triangular shape, like point-folding a flag.
7. Place the phyllo triangles on a sheet pan and brush with melted butter. Bake at 375°F (190°C) until brown and crispy, approximately 20 minutes.

Approximate values per piece: **Calories** 45, **Total fat** 3 g, **Saturated fat** 2 g, **Cholesterol** 15 mg, **Sodium** 105 mg, **Total carbohydrates** 3 g, **Protein** 2 g, **Vitamin A** 8%, **Claims**—low fat; low cholesterol; no sugar



1 Stacking the layers of buttered phyllo pastry.



2 Placing the filling on the pastry.



3 Folding the pastry and filling into triangles.

SHRIMP CRUMPLE

RECIPE 28.30

Yield: 24 Pieces

Rice vinegar	1 Tbsp.	15 ml
Cayenne pepper	TT	TT
Garlic, minced	1 tsp.	5 ml
Fresh ginger, minced	1 tsp.	5 ml
Orange juice	1 Tbsp.	15 ml
Salt and pepper	TT	TT
Fresh thyme	TT	TT
Papaya	½	½
Shrimp, 16–20 count, peeled and deveined	12	12
Phyllo dough	6 sheets	6 sheets
Whole butter, melted	as needed	as needed

1 To make the marinade, combine the vinegar, cayenne, garlic, ginger and orange juice in a bowl. Stir to combine; season with salt, pepper and thyme.
2 Peel and seed the papaya and cut into medium dice. Place the papaya in a bowl and pour a small amount of marinade over it.
3 Split the shrimp and add them to the marinade.
4 Spread one sheet of phyllo dough on a work surface and brush it with butter. Lay another sheet on top of the first and brush it with butter. Place a third sheet of phyllo on top of the second and brush it with butter as well.
5 Prepare a second stack of phyllo with the three remaining sheets. Cut each stack of phyllo dough into 12 squares.
6 Place one half shrimp in the center of each square of phyllo dough and place several pieces of papaya on each shrimp. Gather the dough around the shrimp and papaya to form a small pouch.
7 Repeat with the remaining shrimp.
8 Bake the phyllo pouches at 350°F (180°C) until the phyllo is browned and the shrimp is cooked, approximately 15 to 20 minutes.

Approximate values per piece: **Calories** 60, **Total fat** 1 g, **Saturated fat** 0 g, **Cholesterol** 85 mg, **Sodium** 125 mg, **Total carbohydrates** 4 g, **Protein** 9 g, **Vitamin C** 15%

RECIPE 28.31

SAMOSAS (DEEP-FRIED INDIAN TURNOVERS)

Yield: 30 Samosas

Pastry:		
All-purpose flour	9 oz.	270 g
Salt	1 tsp.	5 ml
Garam masala	1 tsp.	5 ml
Peppercorns, cracked	1 tsp.	5 ml
Turmeric	1 tsp.	5 ml
Vegetable oil	1½ Tbsp.	23 ml
Water, warm	7 fl. oz.	200 ml
Filling:		
Potatoes, peeled, small dice	4 oz.	120 g
Clarified butter or ghee	1 Tbsp.	15 ml
Ground lamb, lean	12 oz.	360 g
Fresh ginger juice	2 tsp.	10 ml
Garlic, minced	1 tsp.	5 ml
Onions, small dice	2 oz.	60 g
Garam masala	2 tsp.	10 ml
Chilli powder	1 tsp.	5 ml
Turmeric	1 tsp.	5 ml
Salt	1 tsp.	5 ml
Green peas	3 oz.	90 g
Fresh lemon juice	1 Tbsp.	15 ml
Fresh cilantro, chopped	2 Tbsp.	30 ml

1 In an electric mixer fitted with a dough hook attachment, combine the flour, salt, garam masala, peppercorns and turmeric and mix thoroughly. With the mixer at medium speed, add the oil, then add enough of the warm water to make a stiff dough. Knead the dough in the mixer until it is completely smooth and pliable. Cover the dough with a damp cloth and allow it to rest for 20 minutes.

2 Blanch the potatoes in salted water until nearly tender. Remove, refresh and reserve the potatoes.

3 Heat the clarified butter or ghee in a sauté pan and sauté the ground lamb until it begins to brown. Add the ginger juice, garlic and onions and sauté for approximately 5 minutes. Add the garam masala and other spices, salt, potatoes and peas and gently cook until the potatoes and peas are tender, approximately 5 minutes. Stir in the lemon juice and cook until the liquid evaporates. Stir in the cilantro. Transfer the filling to a sheet pan to cool completely.

4 Roll the dough into a rope and cut into 15 evenly sized pieces. Roll each piece out to a round approximately 5 inches (12 centimeters) in diameter, then cut each round in half. Place a spoonful of the filling toward one half of each piece of pastry. Run a wet finger around the edge and fold over to make a triangular pastry with one curved side. Pinch the edges together, then press the edges with the tines of a fork to seal them.

5 Using the basket method, deep-fry the turnovers at 350°F (180°C) until done, approximately 3 minutes. Drain and serve hot with chutney.

Variation: *Vegetarian Samosas*—Omit the lamb. Add 2 ounces (60 grams) of chopped unsalted peanuts and 6 ounces (180 grams) of chopped mushrooms in Step 3. Increase the amount of onion to 4 ounces (120 grams).

Approximate values per samosa: **Calories** 60, **Total fat** 2 g, **Saturated fat** 0.5 g, **Cholesterol** 10 mg, **Sodium** 160 mg, **Total carbohydrates** 8 g, **Protein** 3 g

CHA GIO (DEEP-FRIED VIETNAMESE SPRING ROLLS)

RECIPE 28.32

Yield: 1 lb. (450 g) filling, approximately 32 rolls

Cellophane noodles	2 oz.	60 g
Vegetable oil	2	2
Garlic cloves, minced	1 Tbsp.	15 ml
Shrimp, raw, peeled, deveined and chopped	4 oz.	120 g
Pork, minced	4 oz.	120 g
Carrot, grated	1	1
Green onions, sliced	3	3
Mung bean sprouts	1 oz.	30 g
Fish sauce	2 tsp.	10 ml
Vietnamese chile sauce	1 Tbsp.	15 ml
Cornstarch	2 tsp.	10 ml
Water, cold	2 tsp.	10 ml
Spring roll wrappers	32	32

1 Soak the cellophane noodles in boiling water for 5 minutes. Drain and cut into 1- to 2-inch (2.5- to 5-centimeter) pieces.

2 Heat a wok or sauté pan and add the oil. Stir-fry the garlic for a few seconds. Add the shrimp and pork and stir-fry, breaking up any large lumps. Add the carrots, green onions, bean sprouts, fish sauce, chile sauce and drained noodles. Cook until the carrots are slightly softened. Remove from the heat and cool completely.

3 Mix the cornstarch and water together in a small bowl. Moisten the spring roll wrappers with water and keep them covered with a damp towel to prevent them from drying out.



1 Soaking the spring roll wrappers.



2 Filling the spring roll wrappers.



3 Folding the wrapper around the filling.



4 Sealing the spring roll with water

4 Place approximately 1 tablespoon (30 milliliters) of filling in the center of a wrapper. Fold the sides over toward the middle and roll up into a cigar shape. Brush the edge with the water-and-cornstarch mixture to seal.

5 Using the swimming method, deep-fry the spring rolls at 325°F (165°C) until hot and crispy, approximately 45 seconds. Drain on absorbent paper and serve with Nuoc Cham, page 243.

Approximate values per roll: **Calories** 60, **Total fat** 2 g, **Saturated fat** 0 g, **Cholesterol** 10 mg, **Sodium** 70 mg, **Total carbohydrates** 7 g, **Protein** 2 g, **Vitamin A** 15%

RECIPE 28.33

BLUE CORN AND SHRIMP TAMALES



Yield: 16 Pieces

Fresh blue corn masa	1 lb.	450 g
Baking powder	½ tsp.	2 ml
Shortening	4 oz.	120 g
Salt	TT	TT
Onions, small dice	5 oz.	150 g
Red bell pepper, small dice	2 oz.	60 g
Green bell pepper, small dice	2 oz.	60 g
Garlic, chopped	1 tsp.	5 ml
Vegetable oil	2 Tbsp.	30 ml
Salt and pepper	TT	TT
Shrimp, 16–20 count, peeled and deveined	16	16
Dried corn husks	as needed	as needed

1 Combine the masa, baking powder and shortening in a bowl of an electric mixer, season with salt and mix until the masa pulls away from the sides of the bowl.

2 Sauté the onions, bell peppers and garlic in the vegetable oil until tender; season with salt. Remove from the heat and cool.

3 Cut the shrimp in half lengthwise.

4 To assemble the tamales, use a rubber spatula to spread 5 ounces (150 grams) of the masa mixture lengthwise on a 16-inch × 12-inch (40-centimeter × 30-centimeter) piece of parchment paper to form a 4-inch × 12-inch (10-centimeter × 30-centimeter) band of masa. Spread 1½ ounces (45 grams) of the vegetable mixture in a line lengthwise down the center of the masa.

5 Place eight shrimp halves, end to end, on top of each row of the vegetable mixture. Roll the parchment paper so that the masa completely encircles the shrimp and vegetable mixture. Twist the ends of the paper to seal. Repeat three more times to make four rolls. Freeze the rolls.

6 Unwrap each frozen roll and cut into four pieces. Wrap each piece tightly in dried corn husks that have been soaked in water, tying each end with thin strands of husk. Steam the tamales for 30 to 45 minutes. Allow the steamed tamales to rest for 10 minutes after cooking so that the masa becomes firm. Serve warm.

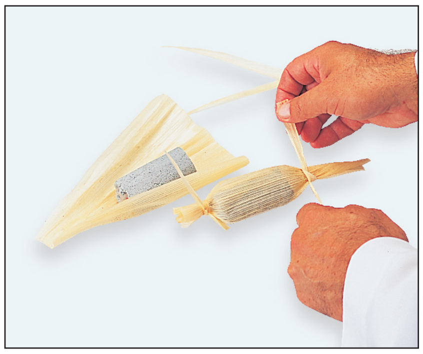
Approximate values per piece: **Calories** 280, **Total fat** 11 g, **Saturated fat** 3 g, **Cholesterol** 185 mg, **Sodium** 200 mg, **Total carbohydrates** 22 g, **Protein** 21 g, **Vitamin A** 25%, **Iron** 35%



1 Arranging vegetables and shrimp on the masa.



2 Rolling the tamale in parchment paper.



3 Wrapping pieces of tamale in corn husks.